



Alviso Community & Youth Center

5040 North First St., San José 95002

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Supervisor: Traci Tokunaga

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Bus Lines: 58

Types of Programs: Adult sports, youth programs, senior nutrition, and special events.

Mail Registration to: P.O. Box 850, San José, CA 95002

DANCE

Jazz & Hip Hop Dance \$38

Explore beginner and intermediate Hip Hop dance, music and culture through regular practice of various routines and dance techniques. Develop coordination skills, interpersonal skills, and overcome performance anxiety and of course, have fun doing it. Location: Alviso Community Center

No class: 2/16

Instructor: Camp Carter Intl.

Course#	Day	Date	Time	Age	Mtg.	Loc.
293.3.201	M	1/26-3/15	5-5:50pm	8+	8	ACC

EARLY CHILDHOOD RECREATION

Please read the ECR Policy on page 14

Rise and Shine Tiny Tots \$127

This class emphasizes age appropriate activities, which may include crafts, stories, drama, music, and games used to develop socialization skills, hand/eye coordination, and motor skills. Each child must have a parent provide snacks for one class during the session. Child must be toilet trained.

No class: 2/16

Instructor: Kia

Course#	Day	Date	Time	Age	Mtg.	Loc.
293.3.301	M/W	1/26-3/17	8:30-11:30am	2-5	15	AV
293.3.302	M/W	1/26-3/17	12-3pm	2-5	15	AV
293.3.303	T/Th	1/27-3/18	9-11am	2-5	16	AV
293.3.304	T/Th	1/27-3/18	12-3pm	2-5	16	AV

SPORTS & FITNESS

Karate - Beginner \$48

Students will learn traditional Japanese Karate, along with Japanese culture, philosophy, history, and language. All classes include self-defense and stress the importance of self-confidence and mental discipline. Wear loose and comfortable clothing the first day of class, and check with instructor for more details on clothing requirements. There is an additional fee for uniform, belt testing and certification payable to the instructor. Beginner classes are open to everyone.

No class: 2/16

Instructor: Camp Carter Intl.

Course#	Day	Date	Time	Age	Mtg.	Loc.
293.3.501	M/W	1/26-3/17	5-5:50pm	5+	15	AV

Karate - Intermediate \$48

Students that have already studied Shotokan and earned the rank of blue belt and above are welcome in this class. Intermediate and advanced katas (forms) and tournament style Kumite (sparring) are taught. There is an additional fee for uniform, belt testing and certification payable to the instructor.

No class: 2/16

Instructor: Camp Carter Intl.

Course#	Day	Date	Time	Age	Mtg.	Loc.
293.3.502	M/W	1/26-3/17	6-6:50pm	5+	15	AV

Kidz Love Soccer \$34

KLS is a non-competitive environment for children to learn and play the world's most popular sport. Each session includes age specific warm-ups, demonstrations, thematic progressions, and recreational games. Classes are co-ed and every participant will have a ball at their feet! Shinguards are required after the first class meeting. **Tot Soccer:** 3.5-4 years-Encourages motor skills and introduces small children to the group setting. **Pre-Soccer:** 4-5.5 years-Teaches the basic technique of the game and builds self-esteem through participation and fun soccer activities. **Soccer 1:** 5-6 years-Teaches the basic techniques of soccer for beginners. Dribbling, passing, receiving, and shooting. **Soccer 2:** 7-8 years-Same as Soccer 1, also introduces team tactics. **Soccer 3:** 9-12 years-Same as Soccer 1 and 2, but also introduces advance soccer techniques and tactics. Rainout Hotline 1-800-399-8111.

Instructor: Kidz Love Soccer

Course#	Day	Date	Time	Age	Mtg.	Loc.
293.3.503	Sa	1/31-3/20	2-2:30pm	3.5-4	8	AV
293.3.504	Sa	1/31-3/20	2:30-3:05pm	4-5.5	8	AV
293.3.505	Sa	1/31-3/20	3:05-3:50pm	5-6	8	AV
293.3.506	Sa	1/31-3/20	3:50-4:35pm	7-8	8	AV
293.3.507	Sa	1/31-3/20	3:50-4:50pm	9-12	8	AV

“SPORTS FOR ALL” THROUGH CITYWIDE ADAPTED SPORTS! See Page 95

SPORTS LEAGUE

Coed Basketball \$55

A great opportunity for girls and boys! A non-competitive coed basketball league with an emphasis on instruction and fun. No scores will be kept. Our leagues adhere to the mission and vision of the Positive Coaching Alliance. The cost of the league includes supplies, officials, equipment, participant t-shirt, trophies and an end of the season pizza party.

Course#	Day	Date	Time	Age	Mtg.	Loc.
212.3.100	Sa	1/31-4/3	TBD	5-11	8	AV

ADULT CLASSES

Aerobics \$48

It's time to get in shape. In class you will get an overall workout with emphasis on toning muscle, gaining strength, and increasing flexibility, while improving cardiovascular level.

No class: 2/16

Instructor: Camp Carter Intl.

Course#	Day	Date	Time	Age	Mtg.	Loc.
293.3.701	M/W	1/26-3/15	7-7:50pm	16+	15	AV

Aerobic Kickboxing \$38

The hottest aerobic workout in existence today. C-Bo works the whole body, while at the same time, teaches practical self-defense techniques. Learn a variety of blocks, kicks, and punches, burn calories and have a blast. Wear loose fitting clothing. No other equipment needed.

Instructor: Camp Carter Intl.

Course#	Day	Date	Time	Age	Mtg.	Loc.
293.3.702	Sa	1/31-3/20	9:30-10:20am	16+	8	AV

Youth Activities Grant Fund

The City of San José Department of Parks, Recreation and Neighborhood Services has established a Youth Activities Grant Fund to expand recreational opportunities for disadvantaged youth. This fund allows disadvantaged youth to participate in classes, programs, and activities. By donating to the Youth Activities Grant Fund, you will provide an underprivileged youth opportunities previously unavailable. If you are interested in the program or to learn more about the Youth Scholarship Assistance Program, please contact your nearest PRNS Community Center or other PRNS Facility.



Salsa \$38

Salsa is the hottest Latin dance in the nightclubs today. Join this high-energy class, socialize and have lots of fun. All the basics will be covered: salsa rhythm, footwork, leading, following, patterns, shine steps, and pattern combinations. Come as a couple or alone; we will change partners at times.

Instructor: Camp Carter Intl.

Course#	Day	Date	Time	Age	Mtg.	Loc.
293.3.703	Th	1/22-3/11	7-8pm	16+	8	AV

SPECIALTY CLASSES

English As A Second Language (ESL) Free

This class is a community based program for adults. The instructor works with different levels of speakers and will teach the basics of English. Just drop by class to sign up! Free baby-sitting is available for children who are at least two years of age and potty trained.

Course#	Day	Date	Time	Age	Mtg.	Loc.
293.3.602	M/W/Th	Ongoing	6-8:30pm	18+		AV

SPECIAL EVENTS

2nd Annual CCIKA Karate Tournament

Saturday, February 21, 2004 • 10am

This is a great opportunity to participate in a tournament to practice what you've learned in class. The events will include kumite and katas for teams and individuals. Don't miss this great event! There will be a fee for each event. For more information, call 408-586-7624 or CCIKA at 408-971-4760.

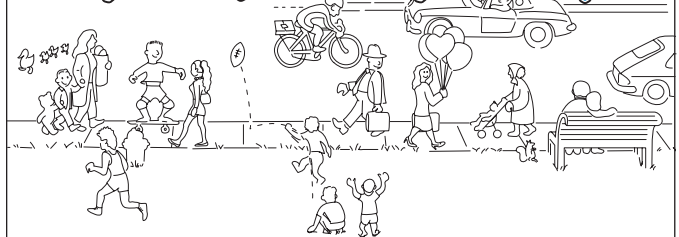
SENIOR NUTRITION

Nutrition Reservations \$2

Join us for a nutritious lunch and activities every Monday and Wednesday from 10 am-12pm at the Alviso Community Center. The activities are FREE and the suggested donation for lunch is \$2.00 per person age 60+. This is a great opportunity to meet new people and enjoy different crafts, games and activities. For more information, call 408-586-7624.

Parks, Recreation and Neighborhood Services Vision

*Communities of People
connected by
Play, Hope & Joy in Life.*



YOUTH PROGRAM

Drop-In Program

Tuesdays & Thursdays • 4-6:30 pm

This program is open to teenagers from the ages of 11 to 17 years old. We offer a variety of programs which may include foosball, ping pong, video games, tournaments, arts and crafts, clubs, field trips, special events and more. For more information, call 408- 586-7624.

Free

Friday Youth Night

Friday • 6-8:pm

Drop by to play a game of basketball at no cost! Each participant, ages 8 to 13, is required to have their parent/guardian complete a permission slip. Come by on Fridays to see what's happening at the Youth Center! It's a great place to hang out, be safe and have fun! For more information, call 408- 586-7624.

Free

SAN JOSE AFTER SCHOOL

Alviso Area

San José After School is a partnership by the City of San José, with school districts, community-based organizations, teachers and parents to provide safe, fun and enriching activities for youth after school.

After school programs promote healthy youth development and student learning. This includes homework centers and tutoring, recreation, arts, and enrichment activities, and technology centers. Youth will enjoy safe, fun, and enriching activities at sites located throughout San José.

There are wonderful after school programs in your area. For more information about schools, libraries, and centers offering after school programs, please contact 408-586-7624.

- Types of Programs
- Level 1: Homework Assistance.

Level one sites offer after school homework help at many locations in San José.
- Level 2: Safe and Accessible After School Programs.

Level two sites will offer integrated recreation and literacy and math enrichment programs.
- Level 3: Integrated and Comprehensive approach after school programs.

Level three sites integrate literacy, leadership, education, nutrition, cultural arts and recreation activities.

Sites	Level of Program	Time
Alviso Branch Library	Level 1, Homework Assistance	*
Alviso Youth Center	Level 3, Comprehensive	*
George Mayne Elementary School	Level 1, Homework Assistance	*

* Homework Assistance offered at individual sites immediately following the end of the school day (approximately 2:30-3:30pm).

Join Councilmember Chuck Reed for a Conference on Priorities

This is your opportunity to voice your concerns, issues and compliments about your community.

January 24th at Berryessa Community Center

January 31st at George Mayne Elementary School